

T H I R D

A N N U A L R E P O R T

OF THE



FIFE AND KINROSS DISTRICT BOARD  
OF LUNACY.

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*S E P T E M B E R* 1869.

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1869.



# DISTRICT BOARD OF LUNACY FOR FIFE AND KINROSS SHIRES, 1869-70.

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Medical Superintendent,	...	...	Dr J. B. TUKE.
Medical Assistant,	...	...	Dr W. F. MORRISON.
Chaplain,	...	...	Rev. JAMES NIMMO, Springfield.
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Head Attendant,	...	...	ANGUS CAMPBELL.
Farm Steward and Gardener,	...	...	ALLAN BELL.

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*November 1869.*



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R E P O R T  
BY THE  
FIFE AND KINROSS DISTRICT BOARD  
OF LUNACY.

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*September 1869.*

The District Board of Lunacy of Fife and Kinross consider it unnecessary to submit any lengthened report.

The District Asylum has been in full working condition during the past year; and there are at present in the house 109 males and 116 females.

From 1st August, 1868, to 31st July, 1869, 35 males and 47 females—total 82—have been admitted, being 8 more than last year; 29 males and 28 females—total 57—have been discharged; and 10 males and 11 females—total 21—have died.

The District will be gratified to learn, and consider it very creditable to the Medical Superintendent and to all concerned, that so large a proportion as 58·5 of the patients admitted during the past year have been recovered (the numbers being, 22 males and 26 females) and that out of 71 patients discharged by authority of the Medical Superintendent, only one has relapsed and been re-admitted.

Owing to the number of applications for admission, and consequent want of accommodation, the Board have been obliged to make considerable additions to the Asylum, by erecting two separate buildings (besides enlarging the laundry and washing-house.) One of these is intended to contain 30 females, and the other, which is near the farm-steading, is meant for 30 convalescent males. These buildings are almost completed, and will cost about £6000, for which the District Board are effecting loans, to be spread over thirty years, as was done with the original building.

As there will be now 37 spare beds, the Board consider that no further additions will be required for a good many years to come.

The Asylum grounds are rapidly getting into high condition, and are yielding very remunerative crops.

The District Board append the Medical Superintendent's report to the District Board.

D. GILLESPIE, *Chairman.*

# A P P E N D I X .

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## I.—ENTRIES BY THE COMMISSIONER IN LUNACY FOR SCOTLAND IN THE PATIENTS' BOOK, KEPT AT THE FIFE AND KINROSS DISTRICT LUNATIC ASYLUM SINCE LAST REPORT.

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(1.) BY SIR JAMES COXE.

FIFE AND KINROSS DISTRICT ASYLUM,  
*December 8th, 1868.*

The following are the changes among the patients since the visit of 20th February :—

	M.	F.	Total.
Admissions,.....	23	35	58
Discharges,.....	14	16	30
Deaths,.....	5	4	9

These figures show an increase in the numbers resident, which are now 113 males and 115 females ; or 13 males and 5 females above the estimated accommodation of the house.

Of the patients discharged 21 had recovered, 2 were transferred to other establishments, and 7 were removed to private dwellings—3, all private, against the advice of the Medical Superintendent.

The causes of death in the fatal cases were—phthisis in 2, cardiac disease in 2, exhaustion in 2, pyæmia in 1, and general paralysis in 1. The general impression which the house produces is very favourable. Its appearance is cheerful ; the furniture is, on the whole, appropriate ; and articles of decoration are tolerably numerous ; cleanliness and ventilation are well attended to ; and the means of heating are said to be efficient. The fact, however, that the attendants have four pairs of blankets, while the patients have only three, raises a doubt whether the temperature of the dormitories is sufficient for comfort. It would be advisable, accordingly, to hang up a thermometer in every dormitory.

Since last visit the distribution of the patients throughout the house has been materially altered by the conversion of two day-rooms on the ground-floor into dormitories, and of two dormitories on the upper-floor into day-rooms. The object of this change was to afford more means of

classification ; and the patients are, accordingly, now divided into 5 groups, viz.—

Ward No. 1,	23 patients.	} On the ground-floor.
„ „ 2,	12 or 13 patients.	
„ „ 3,	23 patients.	
„ „ 4,	20 to 25 patients.	} On the upper-floor.
„ „ 5,	20 to 25 patients.	

In all of these wards, with the exception of that for refractory females (No. 3) the patients were tranquil and free from excitement ; but in this exceptional ward the noise and turmoil were excessive. The patients are 22 in number. Of these only 2 engage in industrial occupation, 1 in the washing-house, and the other in scrubbing ; and in their exercise they are all restricted to the airing-court. It is not improbable that this unsatisfactory state of matters may, to some extent, be due to the concentration of an undue number of excitable cases in a limited space, and possibly, also, to the presence of two or three exceedingly troublesome cases, which act as ferment on the others ; and, in this view, it may be hoped that, when the contemplated extension of accommodation for the refractory patients has been completed, an improvement will be effected ; but it is also possible that there may be some error in treatment—either in diet or exercise—which tends to produce and keep up the condition of what may be termed abnormal excitement. The first point, therefore, to determine is, whether the dietary is adequate, and for this purpose a careful estimate should be made of the nutritive value of the component articles of the diet-table ; and in the meantime it might be well to try the effect of generous diet, in a very broad meaning of the term, in this department.

On the whole the physical health of the patients has been good, but it is noteworthy that 3 have been affected with pyæmia, and that there has been a curious epidemic of *eczema capitis*. At present 6 males and 4 females are under medical treatment for bodily ailments, and of these 5 males and 2 females were in bed.

Personal cleanliness is well attended to, and both the day clothing and bedding were in good order. Night attendance continues to be partially carried out by the ordinary attendants, who sit up in turn during the first half of the night. In this way 13 males and 18 females are raised, and the number of wet beds is kept from exceeding 3 on the male, and 5 on the female, sides. For the habitually wet patients divided mattresses of painted canvas are used ; but this arrangement is recognised as unsatisfactory. It makes a hard and cold bed, and will be abandoned ; but while it continues in use a folded blanket should be

placed under the patient. The recommendation of special night attendance made in last report is well worthy of consideration for the reasons given.

Three entries of the use of restraint have been made in the register since last inspection, on account of violence, or destructive, or suicidal propensities. The longest period was for six days. No patient was in seclusion, but in one case the hands were found to have been restrained during the night as a precaution against suicide.

The numbers registered as industrially engaged are 82 males and 62 females ; as attending chapel, 86 males and 56 females ; and as dining in the general hall, 106 males and 80 females. To these last the food was served in a creditable manner, and it was partaken of in a very quiet and decorous fashion.

From the overcrowded state of the house it has been necessary to place 4 beds in the lavatories on the male side, and one on the female side. The necessity of extension cannot, therefore, be overlooked, and instructions have accordingly been given to the architect to prepare plans for the accommodation of 30 males in connection with the farm buildings, and for 30 females in connection with the laundry, which is at the same time to be altered and enlarged. This extension for the females will be occupied partly by the laundry patients, and partly by a subdivision of the refractory inmates. Whether this additional accommodation will prove sufficient for the wants of the district for more than a very limited number of years may well be doubted, unless efficient means be adopted to prevent the transmission of cases unnecessarily, and to facilitate the removal of those for which asylum treatment is no longer required. The convenience of the present system to relatives, in providing gratuitous treatment, and to inspectors, in saving trouble and annoyance, affords an inducement to take advantage of the Asylum, which may possibly lead to abuse. Whether the burden of maintenance could not be made to fall less exclusively on the parish is a question which seems to press for consideration.

In connection with the proposed extension it might be well to consider the enlargement of the dining-hall, which is barely sufficient for the present numbers, and also the renovation of the farm buildings. Should this last point be taken up, it should be kept in view that before very long it will come to be a question whether more land should not be acquired, either by purchase or on lease. The amount of occupation which the present land affords will soon, in a great degree, be exhausted, and it is insufficient in extent to constitute an Asylum farm, such as would afford constant employment. At present, and indeed at all



times, the want of shelter in bad weather must greatly limit the means of employing the patients, and on this account the erection of a shed for stone-breaking is very desirable.

Considerable attention continues to be given to recreation ; but it is to be regretted that no piano has been provided. In the Perthshire District Asylum, where the patients are of the same class as here, there are no less than three, and no difficulty is experienced in turning them to beneficial account. The erection of a small greenhouse is also again urged, as well as the consideration of more effectual means against fire. The various registers are carefully kept.

(Signed) JAMES COXE,  
*Commissioner in Lunacy.*

(2.) BY DR ARTHUR MITCHELL.

FIFE AND KINROSS DISTRICT ASYLUM,  
28th May 1869.

There are at present 114 male and 114 female patients in the house, showing no increase in the gross population since the date of last inspection. Except one, who is a private patient, all the inmates are paupers, chargeable to the parishes of the district.

Forty-four patients have been admitted since the 8th of December last—all paupers—three being transferred from other Asylums. The state of health of these patients on admission was as follows:—In 14 it was good ; in 18, average or fair ; in 9, weak or indifferent ; and in 1, very weak, while 2 patients are described as moribund when admitted.

The discharges amount to 33—29 patients being sent out as cured, 1 as improved, and 3 as not improved. Two of the discharges were transferences to other Asylums. The number of patients discharged cured is noteworthy. It is said that for some time the number of acute and curable cases admitted has been considerable, and it is expected that the percentage of cures on admissions will this year not only be high as compared with other years in this Asylum, but high as compared with other Asylums. Of the 29 patients discharged as cured since the 8th of December last 26 had been less than one year in the Institution.

The deaths, which are 13 in number, were due to a variety of causes, 2 being referable to phthisis, 2 to senile decay, 2 to gangrene of lung, 1 to general paralysis, 1 to enteritis, 1 to epilepsy, 1 to paralysis, 1 to Bright's disease, 1 to exhaustion, with erysipelas, and 1 to suicide by strangulation.

The Register of Restraint and Seclusion contains 20 entries referring to 2 patients. The Register of Accidents records the death from strangulation alluded to, and the death of an epileptic from suffocation.

Six attendants have left, 3 voluntarily, or for no assigned reason, and 3 because they were not suitable.

Night nursing is now in operation on both sides of the house, with very satisfactory results. Seventeen females and twelve males are raised during the night, and the average number of wet beds each morning does not exceed one or two.

On an average about 90 males and 80 females are industrially occupied, but the number of females occupied sometimes reaches 100. During the visit the male patients found actually employed were counted, with the satisfactory result which follows:—3 were working as carpenters; 4 were working as shoemakers; 8 were teasing hair; 1 was breaking stones for the new roads; 1 was acting as stoker; 4 were scrubbing the day-room floor; 2 were cutting grass; 3 were turning over manure; 19 were wheeling manure to the place where it was to be used; 8 were storing potatoes; 2 were laying the borders of the new walk; 2 were gathering stones and removing ashes; 1 was working with the horse and cart; 1 was gathering vegetables for the kitchen; 2 had been sent to Cupar for plants; 11 were pulling a heavy roller; and 8 or 9 were variously engaged in the garden grounds.

The increasing number of male patients, and the attention given to the development of industrial occupation, may by-and-by show that the amount of land possessed by the Asylum is not sufficient; and this should be kept in view so as not to lose any good opportunity of purchasing or leasing land in the vicinity. A larger farm ought eventually to be a source of profit to the Institution.

A fuller provision might advantageously be made for the industrial occupation of these patients during winter. The erection of an inexpensive shed for stone-breakers would serve a useful purpose, and in a community of lunatics drawn from Fifeshire, it is thought that weaving might be largely and profitably introduced. The remuneration of the patients, to some extent, for their work has been found to act beneficially, and this occupation would perhaps afford an opportunity of trying the system. Many of the females might be employed as winders, but the weaving should not be confined to males in the Asylum any more than it is out of it.

The amusement and recreation of the patients are also increasingly well provided for. Two pianos have been presented to the Asylum; one by Lady Anstruther, and the other by Provost Swan. Both are much used, and have tended to the promotion of tranquillity. The Asylum has also, since last visit, become possessed of an harmonium, which is used in the services on Sunday. An attendant has been en-

gaged who plays the cornet-a-piston, and receives, in addition to his wages, £4 from the amusement fund. Another of the paid servants plays the clarionet, and two or three of the patients are tolerable performers on the violin and violincello, so that music, as an entertainment, is fairly provided.

A cricket field and croquet ground are being laid out, and there is an increase of the books in the library, and of the supply of newspapers and periodicals. Sunday schools and week-day classes—both for the attendants and patients—have been established, and are under the immediate direction of the Assistant Medical Officer and the Matron. They are attended by 10 to 12 servants, and 25 to 30 patients, and a hope is expressed that they will be persevered in, and that the expectation of a greater development next winter may be realised.

Among other improvements which have taken place since last inspection, and which are recorded with satisfaction, are the addition of cushions to the couches in the sick-room; the introduction of hassocks or footstools; the placing of illuminated texts on the walls of the dormitories; the extension of the walk that is to go round the farm; the further planting of trees and shrubs; and the placing of a self-registering thermometer in each dormitory on the female side, and in most of the dormitories on the male side, so that the lowest temperature during night can always be ascertained.

The walled airing-court for males has also been greatly improved in appearance and usefulness, by being laid out tastefully in flower beds. None of the walled airing-courts, however, are much used, the lightly-fenced and more cheerful terraces in front of the Asylum taking their place. It is said that no male, and only one female, is entirely confined to the airing-courts. Comfortable seats have now been placed in the terraces referred to, the usefulness of which they will increase.

The Portland cement flooring, which is a disfigurement to the bathrooms and lavatories, is to be lifted, and replaced by coloured tiles.

The building of the separate block for walls began a fortnight ago, and considerable progress has already been made with the mason work. It will probably be an advantage if the morning and evening meals are cooked here, and not in the general kitchen, and, if possible, the patients occupying this block should have all their meals in it. Some progress has also been made with the separate block for females, and with the extension of the laundry. While building operations are going on, the opportunity should be taken to erect a glass house for flowers. The desirability of this is indicated by the extensive use which, at this season of the year, is made of flowers grown in the open air.

In the refractory ward for females there was little excitement. Such as there was being very much confined to one noisy patient. Acting on a suggestion made at the last inspection, the diet of the patients in this ward has been improved—a lunch of bread and cheese, and ale, being added to the ordinary diet of the house. Since the introduction of this change it is understood that greater tranquillity has prevailed among these patients ; but there appears to be some doubt as to whether this is due to the better feeding, or to the greater amount of exercise in the open air, which became possible with the return of spring weather. Both causes have, perhaps, contributed to the result, and it will probably be well to persevere with the better feeding. Good might also result from an increase in the objects of ornamentation in this ward, among which might be included a large mirror.

A substantial and well-cooked dinner of broth and beef, and potatoes, was served during the visit to 74 females and 96 males, in the hall, which could not well have contained more. To prevent crowding, indeed, 16 men had dined before the others, and it is understood that 109 males and 80 females may be said to dine in association. Great quiet prevailed during the meal.

The house everywhere was remarkably clean and fresh ; and the state of the patients' body clothing, and of their beds and bedding, in every respect satisfactory.

The sanitary condition of the patients was good. They had the appearance of being well fed, and of being sufficiently in the open air.

The books and registers were examined, and were found to be correct, and carefully kept.

(Signed)

ARTHUR MITCHELL,

*Deputy-Commissioner in Lunacy.*

II.—REPORT by Dr JOHN BATTY TUKE, Medical Superintendent of the FIFE and KINROSS DISTRICT ASYLUM, to the Members of the DISTRICT BOARD OF LUNACY for the Counties of FIFE and KINROSS, for the Year to 31st July 1869.

(Presented to the Board, 14th Sept. 1869.)

MR CHAIRMAN and GENTLEMEN,—I have the honour of presenting for your consideration the Third Annual Report of the Fife and Kinross District Asylum for the year ending 31st July 1869.

*General Results.*—On referring to Table I. it will be seen that 35 males and 47 females—total, 82—have been admitted since 1st August 1868, being 4 males and 4 females in excess of the previous year; that 29 males (including 2 on probation), and 28 females—total, 57—have been discharged; and that 10 males and 11 females—total, 21—have died, leaving in the Asylum at the date of this Report 109 males and 116 females—total, 225. The lowest number resident on any one day was 217—the highest, 236. As the two men absent on probation are still on the books of the Asylum, the actual increase of patients is 10 on the number resident in the Asylum on the 31st July 1868.

*Admissions.*—Of those admitted 3 males and 1 female were general paralytics, 2 males and 5 females are congenital idiots, and 2 females the subjects of epileptic insanity of long standing; 4 females were labouring under senile mania or dementia; 3 males had been insane for more than 5 years previous to admission, and 1 for 15 years. These 21 cases were considered absolutely incurable, and our efforts were alone directed to effecting an improvement in their condition. In addition to these, 3 women were moribund on admission. Seven cases were transferred from other Asylums, six of which were recent. Application has been made by the Inspector of Crail for the admission of 4 patients now in a private Asylum in Musselburgh; by the Inspector of Forgan for 1 patient now resident in the Royal Asylum, Dundee; and by the Inspector of Orwell for 1 at present in a Musselburgh house—in all of whom the disease is of long standing and beyond hope of cure. These circumstances, taken along with the fact that during the last twelve months 7 congenital idiots and 2 hopeless epileptics have been admitted, are somewhat alarming. As far as I know this Board had no knowledge that any untransferred chronic patients chargeable to the district were resident in other Asylums, and it is possible that even more may exist of whom we are still unaware. I would therefore respectfully advise

that the General Board of Lunacy be communicated with in order to ascertain how many epileptics and idiots there are in the district whose removal to the Asylum is probable, and as to whether any patients are now resident in other Asylums whose transference will be effected as soon as accommodation is provided by the additions now in progress at the District Asylum.

Table V. shows the forms of disease in those admitted, and Table VI. the duration of the disease previous to admission.

*Discharges.*—Of patients discharged, 22 males and 26 females—in all 48—have recovered, which numbers bear an average of 58.5 on the admissions; 3 males and 1 female were relieved to such an extent as to permit of their removal to friends. If these and the two absent on probation are added to the actual recoveries, the average is raised to 65.8. It may be mentioned that of the 71 patients who have been discharged on my authority since the opening of the Asylum as recovered, only one has relapsed and been re-admitted. This result may be considered gratifying when we take into account the large number of hopelessly incurable cases which have been admitted; but the same satisfactory average cannot be looked for if the Asylum is still to be overwhelmed with demented and idiots. Of those who have been insane for less than three months prior to admission, and who had not suffered from previous attacks, 53 per cent. have been already discharged cured, and a considerable number of the same class are now convalescent, and will be discharged during the current year. The statistics from which these facts are deduced will be found in Table VI., and will serve as additional proof of the necessity of placing under early treatment those afflicted with insanity. In Tables VII. and IX. will be found the forms of mental disease of those recovered, and the length of time they had been under treatment.

Acting on the instructions of your Board given in last August, I communicated with the Inspectors of the Poor of certain parishes, certain of “whose pauper lunatics were considered by me to be so far recovered” as to warrant their discharge under sec. xvii. of 25 and 26 Vict., cap. 54. In two cases out of five the suggestion was adopted. In the remaining three cases my procedure was reported to the Secretary of the General Board of Lunacy, accompanied in each case by a copy of the necessary certificate. I have not up to this date been favoured with any reply from the General Board of Lunacy. It is therefore presumable that the clause referred to is inefficacious to compel the removal of a pauper lunatic from an Asylum, notwithstanding the opinion expressed, under certificate, by the Medical Superintendent, that such lunatic is

“so far recovered” as to warrant removal, if the Parochial Board be disinclined to undertake the responsibility.

*Deaths.*—The causes of death in the various cases will be found in Table X. The mortality is on the average daily numbers resident 9.1, and on the total number under treatment 6.9. According to the Eleventh Annual Report of the Commissioner in Lunacy for Scotland, the mean annual mortality in Scotch and English Asylums for the six years, 1862-7, on the average numbers resident was 10.39. One female patient died suddenly 9 days after admission of heart disease, the existence of which had been diagnosed, and reported to the General Board of Lunacy. One male died 11 days after admission from general paralysis; a female 18 days after admission from exhaustion; one male from exhaustion 6 days after admission; one female 5 days after admission from exhaustion; and one female in less than one month from general dropsy, under which she laboured on admission. Of these 6 cases 3 were absolutely moribund on admission. I will only remark that if it be necessary that a medical certificate be granted for the removal of an ordinary pauper from one parish to another, all the more necessary is it that a pauper lunatic should be certified as being physically able to endure the fatigue and exhaustion consequent on his or her removal to the Asylum. A certificate to this effect is imperative in cases of transfer from one Asylum to another, but curiously enough is not so on primary admission. I am of opinion that were such certificate obligatory the death-rate of Asylums would be materially diminished. One death resulted from suicide, which was the subject of a special report by a Committee of the District Board, and of one of the Commissioners in Lunacy, in both of which the officials of the Asylum were, with one exception, (the attendant under whose special charge the patient was) exonerated from blame.

I am happy to be able to report favourably on the discipline and working of your Asylum. Dr C. H. Skae having been appointed Medical superintendent of the Ayrshire District Asylum, Dr W. F. Morrison was appointed assistant physician in his stead; and consequent on the resignation of the former matron, Mrs M. Duncan was elected in January of this year to that office. Both these appointments have proved eminently satisfactory, and my best thanks are due to these officers for their zeal and assiduity. Mr Brand fulfils the duty of storekeeper and house-steward to my entire satisfaction, and Mr Bell's return of the profit accruing from farming and gardening operations speaks for itself. The general behaviour of the attendants and servants has been good; only one case of drunkenness has occurred. During the year three men have left this Asylum to fill the office of head attendant in similar institutions.

The additions are far advanced, and it is hoped that, if the weather be favourable, they will be occupied before the end of the year. The arrangements made by Mr Thomson, clerk of works, have been so good that very little inconvenience has resulted from the presence of workmen.

Your Board has anticipated many suggestions for the improvement of farm buildings, &c. I would, however, direct your attention to the utilization of sewage. The dry earth system which has hitherto been adopted must soon be abandoned, in consequence of want of material, and it will be well to enquire whether some of the land can be irrigated by means of the steam-engine which now supplies water to the house. The opinion of a practical engineer on this subject would be advisable.

The current expenditure shows a surplus of upwards of £300 on the receipts. I could not advise, however, a reduction of the rate of board, as the deficiency in the first year's account is barely met by the surplus of the last two years. That deficit was the result of the number of patients not being sufficient to cover expenses of management. A considerable balance in favour of the Board may be anticipated in the current year; as a large stock of clothing, &c., being on hand, the demands will be comparatively slight for these necessaries.

I beg to return thanks to the Messrs Pagan for their cordial co-operation in carrying out the business of the Institution, and to express regret that the senior member of the firm has been for some time debarred from rendering his valuable assistance and advice.

Considerable advance has been made in the laying out of the grounds, which has been effected by the labour of the patients. Amusements have been provided on a more liberal scale. I beg to acknowledge here the kind services of the Rev. Messrs Cochrane and M'Farlan, who favoured us with amusing and instructive lectures. Schools both for patients and attendants have been begun and carried out with good results.

There is yet one other subject which I am desirous of bringing under the notice of your Board, and, through its influence, before the public. It is that some provision should be made for the assistance of patients discharged recovered, and who, being in good health, and able-bodied, have no claim on their parish for relief. I have known of many cases for whose future welfare great anxiety has been experienced, consequent upon their being unprovided with employment, and the difficulties they were sure to meet with in obtaining it as patients lately discharged from an Asylum. Societies exist for the aid of discharged prisoners. Surely the recovered lunatic's case appeals much more strongly to the sympathy and charity of the public. I have good reason for knowing that not a



few of the relapsed cases which occur are the result of want of employment when they are restored to society, which restoration throws upon the individual the *onus* of self-maintenance, a burden he is ill able to bear. As yet, providentially, my experience of relapsing cases is small in Fife, but I hear, nevertheless, of certain of my late patients who are out of employment, and who would be fit subjects for the charity of a discharged patient's aid society, did such exist.

In conclusion, Mr Chairman and Gentlemen, I return you my most sincere thanks for the support you have given me in the performance of my duties, support which has tended most materially to any good which has been effected, the reception and bestowal of which conduces to mutual comfort, and to the well-being of the unfortunates under our charge.

JOHN B. TUKE, M.D.,  
*Medical Superintendent*

### III.—MEDICAL SUPERINTENDENT'S TABLES.

Table I.—Showing the General Results, from 1st August 1868 to 31st July 1869.

		Male.	Female.	Total.
Number of Patients in Asylum on 1st August 1868, . . . . .		110	107	217
Patients on Probation at 1st August 1868, . . . . .		3	1	4
Admitted during the year, . . . . .		35	47	82
Total number under Treatment, . . . . .		148	155	303
Discharged, . . . . .				
	M. F. Tl.			
	27 28 55			
Of whom were Recovered, . . . . .		M. 22	F. 26	
" Relieved, . . . . .		3	1	
" Not Improved, . . . . .		2	1	
On Probation, . . . . .		2	0	
Deaths, . . . . .		10	11	
		39	39	78
Total number on 31st July 1869, . . . . .		109	116	225
Largest number resident on any one day, . . . . .		117	119	236
Lowest number . . . . .		110	107	217
Average number resident during the year, . . . . .		113.23	116.17	230.12
Percentage of Recoveries on Admissions, . . . . .		62.8	55.3	58.5
Percentage of Deaths on number under Treatment, . . . . .		6.75	7.09	6.93
" " average daily number resident, . . . . .		8.8	9.4	9.1

Table II.—Showing the Admissions, Re-admissions, Discharges, and Deaths from the Opening of the Asylum to 31st July 1869.

		Males.	Females.	Total.
Persons admitted since opening of Asylum to 31st July 1869, . . . . .		178	191	369
Readmissions, . . . . .		3	3	6
Total number admitted, . . . . .		181	194	373
Discharged, . . . . .		Males. 47	Females. 53	Total. 100
Of these were Recovered, . . . . .		Males. 31	Females. 44	
" Relieved, . . . . .		10	4	
" Not Improved, . . . . .		6	5	
On Probation, . . . . .		2	0	
Deaths, . . . . .		23	25	
		72	78	150
Remaining in Asylum on 31st July 1869, . . . . .		109	116	225

Table III.—Showing the Admissions, Discharges, and Deaths, with the Mean Annual Mortality and Proportion of Recoveries per cent. of the Admissions for each year since the Opening of the Asylum.

YEAR.	Admitted.			Discharged.						Died.			Remaining 31st Decr. of each year.			Average Numbers Resident.			Per Centage of Recoveries on Admissions.			Per Centage of Deaths on Average Numbers Resident.			
	Males.	Females.	Total.	Recovered.			Relieved.			Unimproved.			Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Mean.	Males.	Females.	Mean.	
				Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.													
From the opening of the Asylum, 4th July 1866, to 31st December 1866,	91	90	181	1	4	5	—	—	—	1	1	2	88	85	173	70	68	138	1.09	4.4	2.76	2.27	—	—	1.15
Do. Do. 1867,	41	38	79	4	8	12	3	1	4	2	2	8	112	104	216	97	94	191	9.75	21.05	15.19	8.24	8.51	8.37	
Do. Do. 1868,	30	42	72	11	16	27	7	2	9	3	1	7	114	118	232	110	106	212	36.6	38.09	37.5	6.3	8.49	7.54	
Totals and averages for the 3½ years, .	162	170	332	16	28	44	10	3	13	5	4	17	17	34	92.3	89.3	180.3	15.81	21.18	18.48	5.6	5.66	5.68		

Table IV. — Showing the History of the Annual Admissions since the Opening of the Asylum, with the Discharges and Deaths, and the Numbers of each year remaining on the 31st December 1868.

Year.	Admitted.				Of each year's Admissions, Discharged, and Died in 1868.								Total Discharged and Died of each year's Admissions to 31st December 1868.				Remaining of each year's Admissions.—Dec. 31st 1868.								
	New Cases.	Re-lapsed Cases.	Con- genital Cases.	Trans- fers from other Asylums.	Recovered.		Relieved.		Unimproved.		Died.		Recovered.		Relieved.		Unimproved.		Died.		Males.	Females.	Total.		
					Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.				Males.	Females.
1866	7	14	—	84	1	2	6	1	1	4	2	6	3	9	7	1	8	3	4	10	10	20	68	72	140
1867	18	23	—	20	4	8	1	1	1	3	3	2	7	10	2	1	3	—	3	4	4	10	20	28	48
1868	23	33	—	4	6	17	—	1	—	2	4	7	6	12	1	1	2	2	0	3	3	6	18	26	44
	48	70	4	108	11	27	7	2	9	3	7	16	16	28	10	3	13	5	4	17	17	34	114	118	232

SUMMARY OF THE TOTAL ADMISSIONS, 1866-8.

Percentage of Cases	Males.	Females.	Both Sexes
Recovered, . . . . .	9.8	16.47	13.25
Relieved, . . . . .	6.17	1.76	3.91
Not Improved, . . . . .	3.08	2.35	2.7
Died, . . . . .	10.49	10.	10.24
Remaining in Asylum, . . . . .	70.37	69.4	69.8
	<u>99.91</u>	<u>99.98</u>	<u>99.9</u>

Table V.—Showing Forms of Disease of those admitted, with Mental Symptoms.

Forms of Disease.	Symptoms.												TOTAL.		
	Mania.		Melan- cholia.		Dementia.		Delusional Insanity.		Idiocy.		Males.	Females.	Total.		
	Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.					
Idiopathic Insanity (Sthenic),	2	1	—	—	—	—	—	—	—	—	2	1	3		
Idiopathic Insanity (Asthenic),	3	5	2	1	1	1	—	—	—	—	6	7	13		
Insanity of Masturbation,	—	—	1	—	—	—	—	—	—	—	1	—	1		
Insanity of Alcoholism,	2	2	—	—	—	—	1	—	—	—	3	2	5		
Ovario-Mania, . . . . .	—	1	—	—	—	—	—	—	—	—	—	—	2		
Insanity of Pregnancy,	—	1	—	—	—	—	—	—	—	—	—	—	1		
Puerperal Insanity, . . . . .	—	2	—	—	—	—	—	—	—	—	—	—	2		
Insanity of Lactation,	—	4	—	—	—	—	—	—	—	—	—	—	4		
Insanity of Tuberculosis,	2	1	—	1	—	—	2	1	—	—	4	3	7		
Hysterical Insanity, . . . . .	—	1	—	—	—	—	—	—	—	—	—	—	1		
Post-febrile Insanity,	—	—	—	—	—	—	—	1	—	—	1	—	2		
Traumatic Insanity, . . . . .	—	—	—	—	2	—	—	—	—	—	2	—	2		
Epileptic Insanity, . . . . .	—	—	—	—	—	—	—	—	—	—	—	—	—		
Climacteric Insanity,	—	4	—	5	—	2	2	—	—	—	10	11	21		
Senile Insanity, . . . . .	—	2	—	—	—	2	—	—	—	—	—	4	4		
General Paresis, . . . . .	—	—	—	—	2	—	1	—	—	—	3	1	4		
Congenital Idiocy, . . . . .	—	—	—	—	—	—	—	—	—	3	—	5	8		
Total, . . . . .	9	24	11	7	6	6	6	5	3	35	47	82			

Table VI.—Showing the Duration of the Disease on Admission, Discharges, and Deaths during the year.

CLASS.	Duration of Disease on Admission, in Four Classes.												
	The Admissions.			The Discharges.				The Deaths.					
	Males.	Females.	Total.	Recovered.		Removed, Relieved, or otherwise.		Males.	Females.	Total.	Males.	Females.	Total.
				Males.	Females.	Males.	Females.						
<i>First Class.</i> —First attack, and within three months on admission, . . . . .	15	24	39	13	15	28	1	—	1	4	5	9	
<i>Second Class.</i> —First attack, above three and within twelve months on admission, . . . . .	5	5	10	1	3	4	—	—	—	1	1	2	
<i>Third Class.</i> —Not first attack, and within twelve months on admission, . . . . .	5	8	13	4	4	8	1	—	1	—	1	1	
<i>Fourth Class.</i> —First attack or not, but of more than twelve months on admission, . . . . .	8	8	16	1	2	3	2	1	3	5	1	6	
Not ascertained, . . . . .	2	2	4	3	2	5	1	1	2	—	3	3	
Total, . . . . .	35	47	82	22	26	48	5	2	7	10	11	21	

Table VII.—Showing the Forms of Disease of those Discharged Recovered during the Year, with the Mental Symptoms.

Forms of Disease.	Symptoms.								
	Mania.		Melancholia.		Delusional Insanity.		Total.		
	M	F.	M.	F.	M.	F.	M.	F.	Tl.
Idiopathic Insanity (Sthenic), . . . . .	1	1	—	—	—	—	1	1	2
Idiopathic Insanity (Asthenic), . . . . .	3	4	1	1	—	—	4	5	9
Insanity of Masturbation, . . . . .	—	—	1	—	—	—	1	—	1
Insanity of Alcoholism, . . . . .	2	1	—	—	—	—	2	1	3
Ovario-Mania, . . . . .	—	—	—	—	—	1	—	1	1
Puerperal Insanity, . . . . .	—	—	—	1	—	—	—	1	1
Insanity of Lactation, . . . . .	—	5	—	—	—	—	—	5	5
Post-connubial Insanity, . . . . .	—	—	2	—	—	—	2	—	2
Insanity of Tuberculosis, . . . . .	2	1	1	2	—	—	3	3	6
Climacteric Insanity, . . . . .	—	2	2	6	1	1	9	9	18
Total, . . . . .	8	14	13	10	1	2	22	26	48

Table VIII.—Showing the Ages of those Admitted, Discharged, and who have Died during the Year.

AGES.	Admissions.			Discharges.						Deaths.		
				Recovered.			Removed, Relieved, or otherwise.					
	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.
From 10 to 20,	3	6	9	2	2	4	—	1	1	—	—	—
„ 20 „ 30,	6	9	15	4	5	9	2	—	2	2	—	2
„ 30 „ 40,	11	10	21	6	8	14	2	—	2	3	3	6
„ 40 „ 50,	10	12	22	5	9	14	1	—	1	2	3	5
„ 50 „ 60,	3	5	8	2	1	3	—	1	1	1	—	1
„ 60 „ 70,	2	3	5	3	1	4	—	—	—	1	5	6
„ 70 „ 80,	—	2	2	—	—	—	—	—	—	1	—	1
Total, . . . . .	35	47	82	22	26	48	5	2	7	10	11	21

Table IX.—Showing the Period of Residence of those Discharged, and of those who have Died during the Year.

Period of Residence.	Recovered.			Relieved.			Not Improved.			Dead.		
	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.
Under 1 Month,	—	1	1	—	—	—	—	—	—	3	6	9
"  3  "	2	5	7	—	—	—	—	1	1	—	—	—
"  6  "	10	11	21	—	—	—	—	—	—	1	1	2
"  9  "	7	4	11	—	—	—	—	—	—	1	—	1
"  12  "	2	2	4	—	—	—	—	—	—	—	1	1
"  18  "	1	—	1	1	—	1	1	—	1	1	1	2
"  24  "	—	1	1	—	1	1	1	—	1	—	—	—
"  30  "	—	—	—	2	—	2	—	—	—	3	1	4
"  36  "	—	2	2	—	—	—	—	—	—	1	1	1
Total, . . .	22	26	48	3	1	4	2	1	3	10	11	21

Table X.—Showing the Causes of Death during the Year.

	Males.	Females.	Total:
I. Diseases of the Brain or Spinal Cord.			
	Males.	Females.	
Maniacal Exhaustion, . . . . .	—	2	
Abscess of the Brain, . . . . .	1	—	
General Paresis, . . . . .	2	—	
Hemiplegia, . . . . .	—	1	
Epilepsy, . . . . .	1	—	
	4	3	7
II. Diseases of the Circulatory System.			
Disease of the Heart, . . . . .	—	3	3
III. Diseases of Respiratory System.			
	Males.	Females.	
Gangrene of Lung, . . . . .	—	2	
Phthisis, . . . . .	3	—	
	3	2	5
IV. Diseases of the Digestive System.			
Enteritis, . . . . .	1	—	1
V. Diseases of the Urinary System.			
Chronic Bright's Disease, . . . . .	—	1	1
VI. Asphyxia from Strangling, . . . . .			
	1	—	1
VII. Senile Decay, . . . . .			
	1	2	3
	10	11	21



Table XI.—Showing Condition as to Marriage of those Admitted, Discharged, and who have Died during the Year.

Condition in reference to Marriage.	Admissions.			Discharges.						Deaths.		
				Recovered.			Removed, Relieved, or otherwise.					
	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.	Males.	Females.	Total.
Single, . . .	16	24	40	7	14	21	3	1	4	5	4	9
Married, . . .	17	20	37	14	12	26	—	1	1	5	5	01
Widowed, . . .	2	3	5	1	—	1	1	—	1	—	2	2
Not ascertained, .	—	—	—	—	—	—	1	—	1	—	—	—
	35	47	82	22	26	48	5	2	7	10	11	21

#### IV.—TABLES BY THE HOUSE-STEWARD, AND OTHER OFFICERS.

Return showing Value of Work done in Tailor's Shop, from 23d September 1868 to 31st July 1869.

	£	s.	d.
By New Articles made, . . . . .	11	17	6
„ Cutting 146 Pairs Drawers, . . . . .	1	4	4
„ Repairs, . . . . .	24	3	8
	£37 5 6		
To Tailor's Wages, . . . . .	24	12	10
Balance, . . . . .	£12 12 8		

ROBERT BRAND,  
*House-Steward and Storekeeper.*

Expenditure connected with Laundry, from 1st August 1868 to 31st July 1869.

DESCRIPTION.	QUANTITY.			RATE.	AMOUNT.
	Cwts.	Qrs.	lbs.		
Soap, . . . . .	37	0	4 $\frac{3}{4}$	29s per cwt.,	£53 17 2
Soda, . . . . .	17	2	7	5s 6d „	4 16 7
Starch, . . . . .	1	0	20 $\frac{1}{2}$	45s 6d „	2 13 10
Blue, . . . . .	0	0	27	1s per lb.,	1 7 0
Sugar, . . . . .	0	3	24 $\frac{1}{2}$	0s 4 $\frac{1}{2}$ d „	2 0 9
Tea, . . . . .	0	1	12	2s 2 $\frac{1}{2}$ d „	4 8 4
Bread, &c., . . . . .	.	.	.	.	8 18 7
Clothes Baskets, . . . . .	.	.	.	9s each,	1 14 0
Head Laundress's Wages, . . . . .	.	.	.	.	21 3 4
Under Do. Do., . . . . .	.	.	.	.	10 10 0
	£112 9 7				

Work done in Laundry during the Year.

Number of Articles Washed and Dressed, 148,280, at 1s per Dozen, £617 16 8

MARGARET DUNCAN, *Matron.*

Return showing Work done in Shoemaker's Shop, from 1st August 1868 to 31st July 1869.

Expenditure connected with Shoemaker's Shop, from 1st August 1868 to 31st July 1869.

DESCRIPTION OF ARTICLES.	SUM EXPENDED.	DESCRIPTION.	NUMBER OF PAIRS.	RATE.	AMOUNT.
	£ s. D.				£ s. D.
To Leather, &c., on hand on 1st August 1868, . . . . .	8 6 9	Men's Boots, Stout, . . . . .	43	17s	36 11 0
8 Scotch Crops, 296½ lbs., . . . . .	19 6 7	Shoes, " . . . . .	23	13s	14 19 0
24 Brown Linings, . . . . .	1 19 10	Slippers, . . . . .	81	8s	32 8 0
8 English Butts, 259¼ lbs., . . . . .	26 4 7	Women's Boots, Stout, . . . . .	2	12s	1 4 0
English Bellies, 151¼ " . . . . .	7 11 3	Shoes, . . . . .	27	8s 3d	11 2 9
Calf Offal, 87¼ " . . . . .	5 10 4	Shoes, Locked, . . . . .	8	9s 1d	3 12 8
6 Shoe Hides, 11½ " . . . . .	10 1 4	Slippers, . . . . .	54	7s 6d	20 5 0
4 Cardovan Skins, 44½ " . . . . .	4 9 0	Men's Boots, Repaired, . . . . .	55		5 7 2
Grained Kip, 11½ " . . . . .	0 15 8	Shoes, " . . . . .	96		11 7 7
1 Shoe Butt, 11¼ " . . . . .	1 5 5	Slippers, " . . . . .	114		16 1 2
1 Calf Skin, . . . . .	0 10 6	Women's Boots, " . . . . .	7		0 12 4
2 Fair shoulders, . . . . .	0 14 7	Shoes, " . . . . .	62		6 17 4
Grained Shoulders, 21 lbs., . . . . .	1 15 5	Slippers, Repaired, . . . . .	109		11 7 4
Miscellaneous Goods, including Tools, &c., . . . . .	10 15 6	Extra Jobbing, . . . . .			0 4 0
Shoemaker's Wages for one year, . . . . .	35 0 0	Leather, &c., on hand, . . . . .			24 17 10
Total, . . . . .	£134 6 9				£196 17 2
Income, . . . . .	£196 17 2				
Expenditure, . . . . .	134 6 9				
Balance, . . . . .	£62 10 5				

ROBERT BRAND, House-Steward and Storekeeper.

Expenditure connected with Joiner's Shop, from 1st August  
1868 to 31st July 1869.

	£	s.	D.
To Wood, Glass, &c., on hand on 1st August 1868,	26	19	7
Wood received since above date,	74	19	11
Tools	1	12	2
Glass	4	14	10
Paint, Oil, Furnishings, &c.,	20	16	4
Joiner's Wages,	36	8	4
	£165	11	2

ABSTRACT.

Income,	245	9	7
Expenditure,	165	41	2
Balance,	£79	1	5

Return of Work done in Joiner's Shop, from 1st August 1868 to  
31st July 1869.

	£	s.	D.
By Articles made,	104	16	1
Jobbing Work done,	77	19	1
Glazing,	6	13	5
Re-painting,	4	12	0
Wood on hand,	45	3	0
Glass, Paint, Oil, Furnishings, &c., on hand,	6	6	0
	£245	9	7

ROBERT BRAND, House-Steward and Storekeeper.

Expenditure connected with Farm, from 12th July 1868 to  
11th July 1869.

	£	s.	D.
To Seeds, Plants, &c., . . . . .	13	3	2
" Tools, &c., . . . . .	5	10	0
" Baskets, . . . . .	0	15	0
" New Farm Fittings and Repairs by Joiner,	11	11	0
" Salt, 2 Tons, . . . . .	3	0	0
" Dissolved Bones, . . . . .	4	11	0
" 6 Lambs, . . . . .	7	13	0
" Tolls and Railway Charges, . . . . .	0	15	5
" Robt. Russell, Cupar Mills, for Bran, &c., .	2	14	0
" John Ritchie, Do., for Oats, &c., . . . .	7	9	1
" One Stack of Wheat, bought at Kinnaid, .	29	14	0
" Wm. Law, Ceres, for Potatoes, Oats, and Barley,	15	11	0
" James Durie, Cupar-Muir, for Smith Work, .	12	1	10
" John Lyall & Co., Hire of Thrashing Machine,	1	17	0
" Miscellaneous Items, . . . . .	5	15	10
" Gardener's Wages, . . . . .	59	3	4
" Farm Servant's Wages in Money and Kind,	45	16	0
"			
	<u>£227</u>	<u>0</u>	<u>8</u>

## A B S T A C T.

Income, . . . . .	£489	4	3
Expenditure, . . . . .	227	0	8
Profit, . . . . .	<u>£262</u>	<u>3</u>	<u>7</u>

Abstract of Farm Produce, from 12th July 1868 to 11th July  
1869.

	£	s.	D.
By Potatoes supplied to House, . . . . .	139	18	4½
" Vegetables " " . . . . .	129	15	5
" Eggs " " . . . . .	4	17	10½
" Fowls " " . . . . .	0	14	6
" Pork, . . . . .	23	2	7
" Cash for Pork sold, . . . . .	40	14	0
" Do. for Pigs " . . . . .	12	15	0
" Do. for Sheep " . . . . .	10	10	0
" Do. for Oats, . . . . .	29	15	6
" Do. for Wheat, . . . . .	62	6	0
" Do. for Turnips, . . . . .	3	6	0
" Do. for Carrots, . . . . .	2	0	0
" Do. for Carting to Contractor, . . . . .	7	19	0
" Carting to Boundary Walls, 39 Days, at 10s,	19	10	0
" Do. Drain Pipes to Road leading to Cupar,			
" 3 Days, at 10s, . . . . .	1	10	0
" Do. Fancy Tiles from Springfield Station,	0	10	0
"			
	<u>£489</u>	<u>4</u>	<u>3</u>

ALLAN BELL, Gardener.

## Articles made by the Female Patients during the Year.

No.	Description of Articles.	Price.	Amount.
103.	Checked Aprons, - - - -	at 3d each.	£1 5 9
36	Black, do., - - - -	„ 3d „	0 9 0
163	Linen Aprons, - - - -	„ 3d „	2 0 9
72	Bolster Cases, - - - -	„ 3d „	0 18 0
12	Binders—Hemmed and Marked, - - - -	„ 2d „	0 2 0
30	Blankets (Pairs) Hemmed and Marked, - - - -	„ 2d „	0 5 0
12	Bed Covers (Scarlet) do. do., - - - -	„ 2d „	0 2 0
2	Bed Covers (White) do. do., - - - -	„ 2d „	0 0 4
322	Chemises (Cotton), - - - -	„ 6d „	8 1 0
138	Caps, - - - -	„ 4d „	2 6 0
48	Bonnets (Trimmed), - - - -	„ 2d „	0 8 0
36	Hats do., - - - -	„ 2d „	0 6 0
144	Dresses, - - - -	at 1s 6d „	10 16 0
115	Nightgowns, - - - -	at 6d „	2 17 6
110	Stockings (Pairs), - - - -	„ 6d „	2 15 0
220	Socks (Pairs), - - - -	„ 5d „	4 11 8
24	Strawbags, - - - -	„ 4d „	0 8 0
310	Shirts, - - - -	„ 1s „	15 10 0
36	Window Curtains, - - - -	„ 2d „	0 6 0
95	Pillow Cases, - - - -	„ 3d „	1 3 9
2	Piano Covers, - - - -	„ 8d „	0 1 4
4	Table Mats (Worsted) - - - -	„ 6d „	0 1 0
4	do. (Cotton), - - - -	„ 4d „	0 0 8
198			£54 15 73

## Articles Repaired, &amp;c., by the Female Patients during the Year.

1650	Shirts, . . . .	at 1½d each.	£10 6 8
800	do. (Flannel) . . . .	„ 1d „	3 16 4
1120	Drawers (Pairs), . . . .	„ 1d „	4 13 6
1830	Stockings do., . . . .	„ 1d „	7 12 6
3450	Socks, do., . . . .	„ 1d „	14 7 4
1480	Chemises, . . . .	„ 1d „	6 3 8
320	do. Flannel, . . . .	„ 1d „	1 6 2
638	Petticoats, Plaiding, . . . .	„ 1d „	2 13 6
450	do. Druggit, . . . .	„ 1d „	1 17 8
836	Aprons, . . . .	„ 1d „	3 9 4
554	Sheets, . . . .	„ 2d „	4 12 6
879	Dresses, . . . .	„ 2d „	7 6 4
100	Pillow Cases, . . . .	„ 1d „	0 8 2
98	Bolster Cases, . . . .	„ 1d „	0 8 4
50	Blankets (Pairs), . . . .	„ 2d „	0 8 0
60	Strawbags, . . . .	„ 1d „	0 5 0
96	Nightcaps, . . . .	„ 1d „	0 8 4
556	Nightgowns, . . . .	„ 1d „	2 6 4
80	Mattress and Palliass Covers, . . . .	„ 2d „	0 13 0
36	Blinds, . . . .	„ 1d „	0 3 4
200	Sundries, . . . .	„ ½d „	0 8 0
4	Crumbcloths, . . . .	„ 3d „	0 1 0
6	Hearthrugs, . . . .	„ 6d „	0 3 4
8	Table Cloths, Darning, . . . .	„ 2d „	0 1 0
6	Tray Cloths, . . . .	„ 2d „	0 1 0
10	Table Napkins, . . . .	„ 1d „	0 0 10
20	Towels, . . . .	„ 1d „	0 1 8
5	Carpets, . . . .	„ 2d „	0 0 10
40	Stays, . . . .	„ 2d „	0 6 8
15,462			£74 10 7